



NADAP E-Gram

Navy Alcohol and Drug Abuse Prevention

Pledge to Drink Responsibly this Summer

During the summer months, the number of accidents and alcohol incidents increase significantly—but you can help prevent that trend from continuing. As part of the the Navy’s “Keep What You’ve Earned” campaign and “Live to Play, Play to Live” summer safety campaign, we’re asking Sailors to pledge to drink responsibly this summer to be safe, stay on track with your career, and keep what you’ve earned.

Take the pledge here:

<http://www.surveymonkey.com/s/drinkresponsibly>

Spread the Word

Share your pledge on Facebook or Twitter to let your friends and shipmates know how you plan to drink responsibly this summer and encourage them to do the same.



Share on [Twitter](#)



Share on [Facebook](#)



You've earned it—
don't waste it.

Pledge to
Drink Responsibly
this summer.

Don't drink and

- ☐ drive
- ☐ boat
- ☐ swim
- ☒ all of the above

To take the
Play to Live pledge,
visit
www.nadap.navy.mil.

DRINK RESPONSIBLY
KEEP WHAT YOU'VE EARNED



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STUDY: Your designated driver might have been drinking

(CNN) — Maybe you're better off taking the bus.

A new study in the July issue of the *Journal of Studies on Alcohol and Drugs* found that 35% of designated drivers – those responsible for driving friends who may have had too much to drink – also consume alcohol and 1 in 5 had blood-alcohol levels high enough to impair their driving.

Researchers interviewed and tested 1,100 people in the downtown area of an unnamed Southeastern college community. Of the designated drivers who drank alcohol, half had blood alcohol levels higher than .05%, the new recommended limit for drunken driving (the current limit is .08%).

“If you look at how people choose their designated drivers, oftentimes they're chosen by who is least drunk or who has successfully driven intoxicated in the past,” says Adam Barry, an assistant professor of health education and behavior at the University of Florida. “That's disconcerting.”

Investigators talked to patrons as they left bars between 10 p.m. and 2:30 a.m. over six consecutive Friday nights before home football games in the fall of 2011. The average age of those interviewed was 28.

After the initial interview, which included questions about their alcohol-related behavior and their personal data, (age, gender, etc.) each person had their blood alcohol level tested.

Those who were not designated drivers had much higher levels than those appointed to drive, but 35% of the 165 self-identified designated drivers interviewed had been drinking. Most shocking to researchers was that 17% of those drivers tested had blood-alcohol levels between .02 and .049%, while 18% were at .05 percent or higher.

Perhaps, researchers say, many people don't believe one or two drinks can impair their driving. That's not true, says Barry. “That's the insidious nature of alcohol — when you feel buzzed, you're drunk.”

Mothers Against Drunk Driving (MADD) believes designated drivers are one of the best ways to keep people safe.

“MADD supports using sober designated drivers, public transportation, safe ride programs, or other means of traveling safely after drinking alcohol for individuals 21 and older,” said MADD spokeswoman Carol Ronis.

However, Ronis says the designated driver needs to know that he or she cannot drink alcohol.

The National Transportation Safety Board last month recommended all 50 states adopt a blood-alcohol content cutoff of 0.05 compared with the 0.08 standard used today to prosecute drunken driving. If states will act on this recommendation still has to be seen. According to Barry, the American Medical Association made the same recommendation in the 1980s, but the recommendation was never considered.

Designated Driver Do's

- Designated driver gets the keys BEFORE the drinking begins.
- Designated driver refuses to drink ANY alcohol.
- Treat your designated driver to dinner or non-alcoholic drinks.
- Take turns being designated driver.
- Offer to be the designated driver.

Designated Driver Don'ts

- The designated driver is NOT the 'least drunk of the bunch'.
- Do NOT make the same person be the designated driver every time.
- NOT A SIP!



Know the Risks: Understanding Prescription Drug Misuse and Abuse

Article provided by Navy Marine Corps Public Health Center (NMCPHC)

The Navy and Marine Corps' zero tolerance policies regarding drug misuse and abuse are well-known among service members – any Sailor or Marine determined to be using, possessing, trafficking, manufacturing or distributing drugs or drug abuse paraphernalia is required to be administratively separated (ADSEP) from the military. What some service members may not realize is that drug misuse and abuse not only includes the use of illegal drugs but also any inappropriate use of pharmaceuticals, even if they are prescribed by a healthcare provider. Understanding how to take prescription drugs appropriately can keep a Sailor or Marine safe and fit for duty, and also save their career.

What constitutes prescription drug misuse and abuse?

Drug misuse and abuse includes any inappropriate use of pharmaceuticals and use of any intoxicating substance not intended for human ingestion (such as glue or gasoline sniffing).¹ Inappropriate use of pharmaceuticals includes taking a prescription medication:

- Outside of its intended purpose. For example, taking a narcotic now for back pain when the medication was originally prescribed a year ago following knee surgery.

- Past the prescribed date. Be sure to look at prescription labels, attached information sheets, and only take the medication for the period of time prescribed and do not take a prescription that has expired.
- In excess of the prescribed dosing regimen. Any variation of the prescribed dose can have serious health impacts.
- That was prescribed to another individual, such as a shipmate, spouse or friend.

Any time a Sailor or Marine has a positive urinalysis for a controlled substance for which they do not have a current prescription in their medical record, and no other valid reason can explain the positive urinalysis, they are subject to a violation of the Uniform Code of Military Justice (UCMJ). Such a violation may lead to disciplinary action, such as reduction in rate or forfeiture of pay, and will result in Administrative Separation (ADSEP) processing from military service.

What are the dangers of prescription drug misuse and abuse?

All medications have potential side effects.

Healthcare providers recommend prescription medications after a careful analysis of the risks and benefits of taking the medications properly while also factoring in other considerations such as health status, medications already being taken, etc. Additionally, there is clinical oversight by the provider while the individual is taking the medication. Ultimately, however, it is the service member's responsibility to ensure they are taking prescription medicine properly. If a sailor misuses prescription drugs, examples of potential risks include:

- Respiratory depression from misusing pain killers, potentially leading to death.
- Withdrawal seizures from inappropriate or inconsistent use of sedatives.
- Dangerously increased blood pressure from stimulant use.
- Addiction to the medication.
- Processed for Administrative Separation from military service, including potential dishonorable or other than honorable discharge.



Know the Risks *continued*

The risk for health-related side effects is increased when medication misuse is combined with alcohol consumption.

How can a service member avoid prescription drug misuse and abuse?

It is the service member's responsibility to ensure they are fully aware of the proper use of any medication they are taking, and that they understand the consequences of taking a prescription medication inappropriately. Some ways to avoid misusing prescription drugs include:

- Asking a healthcare provider questions regarding proper use of their medications.
- Carefully reading the labels and attached information sheets of all medications prior to taking them.
- Disposing of unused medications properly.
 - Click [here](#) to learn more about how to safely dispose of unused medications, or ask your local pharmacy.
- Becoming familiar with the Navy Alcohol and Drug Abuse Prevention and Control policy and the Marine Corps Substance Abuse Program policy.



Where can you go for more information?

There are many resources available if you have questions about the Navy drug abuse prevention policy:

- Visit the [Navy Alcohol and Drug Abuse Prevention webpage](#).
- Visit the [USMC Substance Abuse page](#).
- Check out the Navy and Marine Corps Public Health Center's [Preventing Drug Abuse and Excessive Alcohol Use website](#).
- Talk to your healthcare provider.

References:

1. Chief of Naval Operations. OPNAVINST 5350.4D. Navy alcohol and drug abuse prevention and control. Published 4 Jun 2009. Accessed 2 May 2013.
2. Commandant of the Marine Corps. Marine Corps Order 5300.17. Marine Corps substance abuse program. Published 11 Apr 2011. Accessed 7 May 2013.
3. Chief of Naval Operations. NAVADMIN 130/12. Notification of drug testing program revision – Additional controlled prescription drugs. Published April 2012. Accessed 2 May 2013.
4. Food and Drug Administration. Combating misuse and abuse of prescription drugs: Q&A with Michael Klein, Ph.D. <http://www.fda.gov/downloads/ForConsumers/ConsumerUpdates/UCM220434.pdf>. Published 28 July 2010. Accessed 3 May 2013.

NADAP Webinars

All webinars begin at 1300-1400 (CDT). An additional webinar is available at 1700 (CDT)

Click the link below to join the webinar.

<https://connect.dco.dod.mil/nadap/webinar/>

If you do not already have a Defense Connect Online (DCO) account, we would strongly recommend creating an account prior to the event. To setup a DCO account, visit <https://www.dco.dod.mil/> and select "register" at the top left hand corner of the page.

WEBINAR SCHEDULE 2013

Date	Subject
11 JULY	Synthetic Drug Testing
1 AUG	Alcohol Detection Devices
22 AUG	NDSP Overview
12 SEP	ADMITS Overview
03 OCT	DAPA Responsibilities
24 OCT	Prevention Campaigns & How to Order
7 NOV	ADCO Responsibilities



Strong Kids, Strong Families, For a Ready Fleet

The Drug Education for Youth (DEFY) Program strives to empower military youth to build positive, healthy lifestyles as drug-free, successful citizens. Recently, DEFY received a copy of the following email from the mother of a graduate of the Naval Computer and Telecommunications Area Master Station Atlantic (NCTAMS LANT) DEFY Program.

Emergency Action Plans (EAPs) for Severe Weather

Already this summer, there have been significant weather events including tornadoes, severe thunderstorms, and flooding. Local DEFY Programs are reminded to develop and maintain Emergency Action Plans (EAPs) to respond to emergencies should they occur. Local program staff should review weather forecasts for their area on a daily basis and develop contingency plans if severe weather occurs.

Online sources for current weather conditions:

- **National Weather Service Storm Prediction Center:**
<http://www.spc.noaa.gov/>
- **The Weather Channel:**
<http://www.weather.com/>
- **Intellicast:**
<http://www.intellicast.com/>

*(Inclusion of a non-government website does not constitute endorsement by the federal government.)

"I wanted to give you an update on one of your former DEFY campers/Jr. mentors. Next week Brandon Lancaster graduates from Norview High School. He is going to attend Virginia State University in the fall where he will study computer engineering and computer science. The Lord blessed him with a full scholarship. You will be happy to know that he continued his leadership training that was started with DEFY by completing a special curriculum in the Leadership Center for Science and Engineering at his school and I have never had an issue with him in using drugs or alcohol. Many people comment on how well he interacts with all kinds of people. When I asked him where he learned this skill, one of the first things he said was DEFY. Thank you so much for your dedication to the DEFY program. Please know that the time, effort and energy that you and your staff members put into the program are making a difference in each of the children's lives you touch. I am very thankful that Brandon got the opportunity to learn and grow with you. Please find his picture attached. Keep up the great work!

Warmest Regards,

Cassandra Lancaster"

The DEFY program aims to strengthen the character, leadership, confidence and other life skills of youth to enable them to make sound judgments about drugs and other life choices. DEFY provides positive role-model mentoring and community outreach to improve the quality of life of military personnel and their families. Enthusiastic volunteers willing to invest their time and effort in the future of our nation's youth are key to DEFY's success. Adult staff, mentors, and volunteers have made an indelible impact on the youth participants and are essential to the success of individual youth. If you are interested in becoming a volunteer call (901) 874-3300 and find out how to get involved.

Navy Commands Coast To Coast Host “Keep What You’ve Earned” Events

With Fourth of July right around the corner, Navy bases coast to coast are hosting “Keep What You’ve Earned” summer safety events to remind Sailors that drinking responsibly is a key element to having a safe summer.

At the Naval Base San Diego and Naval Station Great Lakes, NADAP, with the help of the Navy Exchange, hosted a summer photo booth event where Sailors wrote down reasons why they choose to drink responsibly on speech bubble signs and had their photos taken to encourage others to drink responsibly. Some of the reasons Sailors indicated why they choose to drink responsibly included:

- To get home safe
- To keep my rate and protect others
- To always hold memories
- To keep my career and future.



You can see photos from the event on NADAP’s Flickr page, available at:

http://www.flickr.com/photos/nadap_usnavy/

After getting their photos taken, Sailors signed a “Play to Live” pledge to commit to practicing responsible drinking habits this summer. More than 75 Sailors signed the pledge at the event, and others at Great Lakes continue to do so as word gets out. To take the “Play to Live Pledge,” visit <http://www.surveymonkey.com/s/drinkresponsibly>.

To enable commands to host summer splash events at their installations and incorporate Keep What You’ve Earned messaging into their existing summer safety fairs and safety standdowns, NADAP created an **“Event-in-a-Box” implementation guide** for alcohol abuse personnel and command leadership with step-by-step instructions for holding an event and accessing resources. The toolkit offers a variety of event options, depending on the time and resources available.

2012 - 2013 STATISTICS

ARIs & DUIs

MAY	367	96
JUN	371	85
JUL	355	83
AUG	328	98
SEP	327	130
OCT	392	99
NOV	292	92
DEC	335	112
JAN	321	80
FEB	296	81
MAR	297	82
APR	199	52
MAY	153	31

MEM POS & TOTAL TESTED

MAY	122	95,954
JUN	111	93,980
JUL	122	96,701
AUG	120	98,011
SEP	137	104,678
OCT	145	97,760
NOV	141	93,299
DEC	159	85,230
JAN	247	125,491
FEB	158	93,607
MAR	217	96,759
APR	221	94,746
MAY	237	80,196